

# Arts & Entertainment



Tom Lauder/Daily Nebraskan

## Zoo's Table Rockers play the blues, will go on tour with Musselwhite

By Chris McCubbin  
Staff Reporter

It's no secret that the Zoo Bar, 136 N. 14th, is the blues mecca for Nebraska, but it's not as well known that you don't have to wait until blues legends like Koko Taylor or Buddy Guy and Junior Wells blow into town to hear the real thing.

### Local Band Preview

The Table Rockers, the Zoo's unofficial house band — Larry Boehmer, their bass player, owns the bar — is one of the Midwest's most respected blues outfits.

The Table Rockers are an offshoot of an earlier band, Little Jimmy Valentine and The Heart Murmers. Lead guitarist Sean Benjamin says he's been in the Zoo's

house band for 10 years. In its present form as the Table Rockers, the band has been together for 4½ years.

Benjamin is probably the state's hottest blues guitarist. Playing a classic electric blues style, Benjamin is the heart and soul of the Table Rockers.

"He's 75 percent of the band," says Butch Berman, guitar and keyboards.

Berman is the newest Table Rocker — he joined the band two months ago.

"I'm a rocker," Berman said.

Berman's rock 'n' roll guitar style and funky keyboards are helping the band expand its horizons. Although their music remains firmly centered on the Chicago blues tradition, the Table Rockers are experimenting with rhythm and blues, rock 'n' roll and even rockabilly songs.

Berman is a familiar face on the

Lincoln music scene, a veteran of Pinky Black and the Excessives and two of Charlie Burton's pre Cut-out bands, Rock Therapy and the Megatones.

Berman said he's known the Table Rockers for years. He said he was doing session work, including cutting albums with Bobby Lowell and Janice K., when he was asked to join the band.

The four-man band is rounded out by Boehmer and Marc Wilson on drums.

The Table Rockers are gearing up for a busy season. Later this spring they expect to be recording in Kansas City with vocalist Earlene Jones, and during April and May they will be on the road, backing up harp player Charlie Musselwhite.

The Table Rockers will play at the Zoo Bar tonight — and most Monday nights — and some Friday afternoons.

Cover is \$1.50.

## More substitute meat with tofu, dietitian says

By Elizabeth Snuttjer  
Staff Reporter

More people are turning to meat substitutes such as tofu, tempeh, soyage and a whole line of meat analogues to supplement their nutritional needs, according to a UNL dietitian.

Kathleen Lehr, a registered dietitian at the University Health Center, said more students have gradually cut down on their meat consumption because of concern for their health and fitness.

One nutritional substitute that is available in most Lincoln grocery stores is tofu. Tofu begins with soybeans that are cooked, squished and strained. Then salts such as nigari or magnesium are added to solidify it. It is then squeezed and packaged wet.

Tofu has 12 grams of protein in each 4-ounce serving. It costs anywhere from \$1.25 to \$1.40 a pound, depending on the brand and the firmness. It has no cholesterol and has 112 calories per

serving.

"People figure if they eat carrots and tofu they'll be more beautiful," said Jerry Johnston, general manager of Open Harvest, 2637 Randolph St.

Open Harvest carries natural products that are low on the food chain. They have grains, fresh produce and a bakery.

Open Harvest sells 75 pounds of tofu a week, Johnston said.

He said tempeh is similar to tofu but is a cultured product.

"Tempeh is to tofu like yogurt is to milk," Johnston said.

The leftovers of tofu making were traditionally used to make tempeh. The hard bits of the soybeans' hull are squeezed into patties and then inoculated with a culture that solidifies it.

Tempeh is a firmer and heartier tasting product than tofu, Johnston said.

Tempeh also has a higher protein content.

See TOFU on 10



Berman

Andrea Hoy/Daily Nebraskan

## Mutually Assured Destruction on TV

The brave forces of the free media have again won out over the godless whining of the repressive Soviets.

For several horrifying weeks, it appeared that ABC had capitulated to the Kremlin's complaints about the networks mini-docu-propa-Rambo ser-

What the Reds need is revenge with a little U.S.-style TV innovation. I've generously written the outline of a miniseries for Soviet TV called "Red Georgia: The 51st State."

The show depicts Soviet life 10 years after a U.S. occupation. The main characters are Morthan Badinoff, a fry cook at McDonald's, his wife, Raisin, who sells real estate, and their children Ivan, Natasha and Catherine. The plot centers on their struggle against the capitalist way of life:

....

*Scene: The living room and kitchen of the Badinoff home. A gilt-framed portrait of Ronald McDonald hangs prominently on the back wall of the living room. A TV with a VCR and stacks of tapes sit in one corner. It is on, but all that is seen is commer-*

*cial. Two chairs and a sofa are arranged around a low coffee table in the middle of the room. The children are in the adjacent kitchen playing at the dining table.*

*Morthan enters the living room in his brown-and-white polyester uniform.*

*Morthan:* Honey-suckle! I'm home from an exhausting day of making french fries.

*Raisin:* (Wincing) Don't touch me! You were never this greasy when you worked in the salt mine. You'll muss my freshly moussed hair and make my face shiny.

*Morthan:* What ever happened to those days? I suppose you're off selling more real estate, eh? Lenin! Family values are disappearing faster than Big Macs.

*Morthan picks up a copy of the Daily Red Georgian and sinks into his easy chair with a grunt.*

*The children begin arguing in the kitchen. Morthan listens forlornly.*

*Catherine:* Gimme back Park Place, you creep!

*Ivan:* I bought it fair and square with 40 junk bonds, so there.

*Catherine:* Yeah, but they're worthless. I don't wannem!

*Natasha:* Well, I'm foreclosing on both of you. I've got a Junior Chamber of Commerce meeting to go to.

*Catherine leans across the table and tries to get the deed to Park Place. Ivan resists and Natasha joins the row. The pitcher of cherry Kool-Aid is broken and spilled in the ruckus. Morthan enters to find the blood-like drink splattered over everything.*

*Morthan:* Kids, kids! Look what you've done! This mess is symbolic of the trouble we're all in. The blood of the communist worker is being spilled all over the children for the benefit of

the corporate controllers. (He holds his head in his hands and moans) I cannot take this anymore. (He goes to the refrigerator, takes out a Coors and opens it in desperation. He drinks half of it in one gulp.) Yech, ptuey! (He spits the beer in disgust and falls to his knees. The stage is darkened. A spotlight remains on Morthan. He looks up and speaks with desperation in his tired voice.) Why is this beer like making love in a canoe? (He smiles wryly) It is minsking close to water! (End of Act I)

....

Having found his worker's sense of humor, Morthan forms a commando team with his friends at McDonald's. They mutilate Ronald McDonalds on the Steppes and lead the vanguard of patriotic workers to victory over the capitalist pigs.

I guarantee it'll sell ads.



Chris Welsch

ies "Amerika." (Not to be confused with Franz Kafka's novel of the same name.)

The Soviets said "Amerika" would fuel the Commie-bashing that has been going on around here recently. And, knowing how the United States is presented by Tass and Pinkovision, they've got lots of room to complain.